Telomeres and the Light

Dr. David Clements,
Pam Gregory

Telomeres and the Light with Dr. David Clements Pam Gregory

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Dr. David Clements is a theoretical physicist with advanced degrees in Maths and Physics from our most highly regarded universities in England, Oxford and Cambridge. He is now a Living Energy Systems expert, developing regenerative technologies to help humanity.
This is another enthralling and inspiring conversation with him.
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PAM: Hi everyone, this is going to be, I know another wonderful conversation with Dr. David Clements. We've had I think four or five David, which have been...
DAVID: What about that? Yes.
PAM: Yes, I don't know about anybody else, but it'll certainly be mind-blowing for me. I'm so excited to be speaking with you today. And I'm sure many of you out there are well aware of Dr. David Clements and his wonderful work. Just as background, he was a theoretical physicist who specialized in string theory, PhD, very advanced degrees in maths and physics from our best universities in the UK, but then life turned 180 degrees, which he's talked about in previous videos, and he is not a living energy systems expert. And he does beautiful work, two different websites, one sharing regenerative technology, which is going to help him, is helping the health of humanity. And the other website is his Patreon group, which you can join for free. He has some incredibly powerful live streams on that, many of them for free to help humanity evolve their consciousness and also to help the Earth. So, wow, welcome David.
DAVID: Thank you so much again, Pam. It's always such a beautiful joy. You're such a beautiful friend and a beautiful soul. And I'm so happy that we're good friends together. Yes, I get so excited when we do these meetups because we set a topic of conversation, but so

much just comes through from my high self, the team's the Source intelligence. And yes, just a big hello as well to your audience. I've just been so blessed to some of the comments that have been coming through.
Many of them have just been so beautiful and just so touching because of how people have gotten little or her moments or big things that have been causing problems, which when they read the information, it gives them an our heart to move beyond. And that really is the point of giving this information. It's really just to give a whole package out there that people can say, oh, I like that. I need that. I need to hear that. And then help move forward because I think that in this time that we're in with humanity, that's where we're coming to a very different sense of community. Community in the past is a very different meaning I feel from the community of light that we're moving into. And I believe that's where we're headed. So just wanted to say that little message before we begin.
PAM: Beautifully said. And just anyone who hasn't heard David before, when he refers to his team, these are high galactic beings. They are not human employees that it's coming from and I went back to David because very recently I heard via Archangel Raphael, channeled by the beautiful, wonderful Kelly Kolodney, Archangel Raphael was talking about our telomeres currently being repaired. And then I heard David and some of his channelings and work talk about telomeres being repaired as well. So I'd love to just dive into this whole area of telomeres. And do you want to share with the audience your understanding of telomeres, David, and what's happening with this repair?
DAVID: Yes, definitely. It's a great place to start. So, yes, it was a little while ago when I was working a lot with the Elohim and they were bringing a series of activations and templates through which we're to do with helping the energetic linkage between selves, DNA and other things as well. And one of the aspects of this, which came forward in one of the aspects they did, which was, let me see, I might get the year, I think he was about 2022. But anyway, what they were saying is that, and to give an explanation to your audience for those who are new to telomeres.

So essentially, we have chromosomes in our body and in females, it's X and X. So they make an X shape and then in men, it's an X and a Y. So what happens is the chromosomes are sort of a winding up of the DNA. So if you unwind a chromosome, it unleashes into a full strand of DNA. And so DNA wraps itself up into the form of a chromosome in a very simple way of saying it. Now, the endpoints at the top is of the X at the bottom is the Y. are what are they called telomeres. And they're like little end caps and they regulate and decide on the replication, on the unfolding, the unwrapping and the replication of a particular strand of DNA. And there was a biologist some time ago that recognized that there's only so many replications that the telomeres can handle before they stop working.
So in other words, you get a finite number of DNA replications before that process stops and it's right. That's it, that's a lot. And so in a way, when you look at human evolution, a newborn baby, beautiful, when you look into the eyes of a newborn baby, you can see the light, the Source presence, the high cell presence beaming from that child. And then they grow and develop, everything's great, and then all of a sudden at a certain age, everything just goes, it just starts to fall away. And what it comes back to me is that, I mean, when biologists talk about it, they talk about there's a particular protein called telomerase, and that each replication uses up more and more of that protein telomerase. And so until basically it's essentially depleted.
And what they talk about is when they look at the length of your telomeres on the edge of the chromosome, the longer they are, the more replications you have left, and the smaller they are, the less and less you have left. Now, to me, looking at just in that way, just purely structurally, biologically, there are big pieces missing in my view, and what the teams have told me. Now, one of the things that's happened as humanity has gone through this sort of densification cycle from being very, or say, in a relative term, somewhat connected beings down to very, very densified and fairly disconnected beings and what I mean by that is that as we go down into density, and we've gone through this experiment of what would it be like to have a

high disconnect from our Source cell for higher selves, and then to be to learn to go back and remember who we really are.
So that necessarily involves a very, very diminished connection with our higher selves and with our Source self. And so the access to the liquid intelligence lights, you might call it, that flows into selves, it flows into and out of DNA there's a very beautiful, intricate system of light weaving and light flowing, all of those things. That's a big subject of itself, and I'm just trying to break it down in very, very sort of simple terms. But essentially, what happens is that when that access to the highest self diminishes within the DNA and the telomeres themselves, the Source intelligence or the high self intelligence has limited access to both influence, flow, change, update, do all the other things that need to take place.
And that reminds me about many stories of masters in the past who people will have seen it in different cultures, such as ancient Indian culture and other texts that are around, talking about beings that were around for hundreds to thousands of years. Well, in order to have done that their telomere and chromosomal function would have had to have been very different, because if they just had the same replication span that we have, well you've got maybe 80 to 100 years if you're lucky, you know.
So I believe that what happens is that the more that I communicated with my higher self and my teams about this, and they often impulse me rather than just having a direct communication, I'll ask an idea and I get a response, is that there is a one-to-one correspondence between the biological state of your being and your access to and your selves access to your Source and high self intelligence.
Because when you think about it, what is yes, and I believe that's the key, and I have to emphasize that to people. That really is absolutely key.
And one of the beautiful things about that is that that does not rely on anything outside of you.
You have it all inside of you right now. Nothing can take it away. You can be distracted you can be convinced to look elsewhere. But the second you take that journey to start looking within, the gateway starts to open up, and your access to your higher self, your merging

and blending, your alignment with your higher self, your Source self starts to kick into high gear, and that's the process you take. And then bit by bit that energy starts to flood and break through the barriers, the energetic barriers, and those barriers can be many things.

So over many lifetimes that we've had, we've added many traumas, misdeeds or mischoices that we've made they all package in and get compressed down. And all of those active barriers to this, what I would call a sort of a liquid, high vibrational light that flows in in almost like a plasma type of way. And there's more to that story as well. That's the whole conversation of itself.

But essentially, as we work on ourselves, as we break away from those old belief systems, the old traumas, the emotional dross that has built up over many lifetimes, that light gets more access, it can break things, they can lift those things up for you, and you can release them and let them go as I've talked about in the past.

But as it does so, it gets more and more active and it becomes more prevalent within things such as chromosomes, the unwrapped DNA strand, the telomeres and things like that. Suddenly, those things now start to operate from within the divine intelligence that is now flowing through them. Now their function becomes very different and that's the exciting thing.

And I believe as humanity, what we're having now is we're going through this transition from having been a civilization that was very dense, extremely limited access to high selfness and low selfness, where biological function was literally just like a photocopier.

So every time the chromosome would unwrap and a DNA strand would replicate itself or selves would divide and split themselves, essentially, any damage that came along with that would be photocopied. The copy would come out, that would then now be the template of reference for copying from, oh, there's a bit of that, oh, that's okay, we'll put that through anyway, because we've got nothing else to go by, that's the only copy we have now. And it goes on and on. So literally bit by bit, more damage, more destruction it just goes down and down and down.

PAM: So hence, aging and chronic illness and going gray and losing our faculties and because that because the replication gets poorer and poorer. **DAVID:** It's exactly like the photocopier. That's a beautiful example, because if anybody tries this with a photocopier put anything, any image in, put that in, it comes out, put that copy back in the original, do that and keep doing that and see how many cycles you go through before it becomes a mass that you can't even recognize anymore. And there is the key point again, if there was intelligent guidance, if there was intelligent handling and remodeling, in every moment of that aspect, what would happen then? And I believe that's what's, that's what's starting to take place.

And so the key really is you have access to that well, that infinite well of Source intelligence, the higher self within, and to practice the connection, the opening.

Your high self is the, is your best friend, your best ally it knows you inside and out from the very most fundamental particles of you to the longest head strand, whatever you want to say. And it knows what brings you the greatest joy, the greatest expansion, and it understands the path of evolution that you've opted to go through and the puzzle pieces that you wanted to solve. And so it's always there for you, rooting for you, giving you little impulses.

Oh, yes, watch that bit there. Oh, there's a little bit here coming out. Don't worry, it's just coming out.

There's a lot of interaction that most people are not necessarily aware of that's happening with your high self all the time. It doesn't stop. And now when you imagine, and there was a story I remember hearing it about Yeshua being able to hold a dead stick, a twig that he picked up off the ground, was able to literally channel this Source energy straight into this twig and suddenly leaves would grow and it would just become as if it was just fresh off of a tree.

Now, that's a great example because when you think about it, how quickly that took place. Now, what did that? What told the structural components within that twig to grow a leaf become healthy again, do this, do that. It was the Source intelligence. He had such an open gateway inside himself, the open access to Source intelligence. It can come through and do anything. It can reshape, reform, organize

any aspect of structure because all that structure has come from Source.
But because we are in a game of free will and Source respects free will, we have used our free will to choose to descend into density. And so that is respected. But when you choose your free will to go in and connect and allow that Source energy to come back inside, well, that is when miracles happen. And that I believe is where miracles always happen from. It's always. Exactly as it needs to be and that is the kind of level that they operate from. And it's not, it's funny to us, it might seem like that's a magical quality. What an amazing thing to happen.
Well, the truth is that's a normal state of being. We have descended into a very sort of abnormal way of being. And so this cycling thing we go through and we get born, we start to hold pieces and we have another shot and so on is not a normal living condition for the vast majority of beings out there. I know there are different experiments that are going on.
So there are different ways that beings want to experience limitation or lack of they want to experience what it's like to be somewhat disconnected or, or in a state of not remembering their true self as we are here. But the large state of beings out there do not operate like that at all. And they are beautiful examples of how, when you have that access, how easy it is for that living intelligence to maintain every single aspect of you effortlessly. It's not even a thing.
PAM: So, you've talked about the telomeres being conduits of light. Oh, yes. therefore meaning that that is going to be part of the process of moving towards the light body of losing density and moving towards the light body. And also what effect is that going to have on us now and into the future? Does that mean from now on, we are going to start to live longer and be healthier as a result of embodying more light? Is that how it's going to work for us?
DAVID: That's definitely my impression. Yes. And I believe that the way the teams love to leave it, they try not to spoil too much of the surprise too soon because they get such delight of watching humanity discover these things for themselves, which is part of the beautiful process we're in.

But yes, having an elevated the more you can elevate the infusion of your higher self within your body, the infusion of your Source self, and your higher self is, that is as many levels to it, but essentially it's the extensions of Source self coming out through the dimensional layers that eventually ends up with a tip of it being within you. So, and essentially the one and the same, but when I talk about the higher self, it's the level of Source intelligence that's operating in a vibration just slightly higher than you, or even just above that as well. And so coming back to your question, once we reach a sort of it's almost like a critical state, there's a level of where a sufficient level of Source level of intelligence that goes through you that flows through your DNA, your chromosomes flows through the telomeres where those blocks to those and the energy blocks that are there are sufficiently cleared so that liquid light intelligence can flow through. Suddenly, those structures become informed, they become intelligently overseeing, and they become intelligently guided by that living light that Source of intelligence, then when that threshold is met, I believe that is when things kick in like you like you mentioned there.

PAM: So, are we close to that sort of tipping point?

DAVID: My teams are saying some closer than others, and they're saying that there's no comparison, so they want to be clear on that it's not like, oh yes, some are more better in the race than others, they're saying, no don't think like that. They're saying that what you need to understand is each soul has incarnated with a specific unfolding and a specific unfolding to resolve certain puzzle pieces. And in some cases that takes longer for them to do it than others, because some patches are particularly heavy and particularly difficult, and they take a longer period of time to resolve than others. And so they're saying, please never look at anybody else as being, oh my god, I'm behind because look how far they are. That is not in truth, that is not how it's working at all.

And they're saying like we were discussing before, they're reminding me of the example that a lot of souls that have developed themselves being very capable problem solvers and very dense

puzzle pieces incarnate with very, very particular heavy things to sort out.
And it might seem, oh god, I've always feel down. I look at them over there and they're always so jolly and bright, and I'm always going through this crap. What is, why is this? Am I behind? Am I not as good? No, it's nothing like that. Everything that you are going through is what you selected yourself to go through as a puzzle piece solver.
And that's important thing to remember, you are here as a puzzle piece solver. The puzzles that you are working on are different from everybody else. And so is everybody else's.
And so you have a particular sort of affinity, or each of us do, with the particular puzzles that we, or the pieces that we want to solve to add to the great tapestry, which is the grand solution for this project Earth it's like a second, I don't know, a 10,000 1 million piece puzzle or whatever you want to call it and each puzzle piece is something that we are working on. And when we when we finish with our piece, it goes in.
But the puzzle isn't solved until everybody has put their piece in, and it all comes together. That's a better way of looking at it. And so you don't you don't solve a puzzle all in one go, you do it a little bit over here and a little bit over there. That's kind of how it works.
PAM: So yes, it's really interesting because I've banged on in a lot of recent videos about this particular period of time, because the astrology has a very unique configuration from 2025 to 2027. It's reinforced by Richard Rudd's channeling for human design, Richard Rudd's gene keys work, the end of the Kali Yuga, end of the 2000 year descending cycle of the Yugas, the indigenous prophecies of the Maya and the Hopi and the Quara many, many cycles I can refer to that have highlighted this concentrated accelerated period of evolution. But in your view, from your team's information, why is this kind of regeneration of the telomeres happening at this time? Why is it?
DAVID: Teams, do you want to chime in on that and my high self? Okay, so they're saying that it's happening this particular time because the they're using the term vibrational gateways are open

enough. And they're saying what that means is so what I when I basically I'm hearing them telepathically and empathically as well. So I feel what they're saying and I hear what they're saying. And I'm just repeating what they're saying to me a little bit like just to explain every book to people who are new to this so there's channeling which I'll be doing at the end of this where Source intelligence comes right through and just speaks through. But there's empathic and telepathic communication where you can hear, but they're not they're not speaking through you. You repeat what essentially they're that what they're saying.

So okay, sorry, my team's saying just what it explained that. So they're saying that in order to get to this stage, a sufficient amount of a dross says they call it the being is going a draw. Had to be cleared in order to facilitate the optical flows and this being saying what they mean what they mean by that. This is an Arcturian being is that there are kind of what they okay so just go slowly. I think I miss what you said there. They're saying imagine it like this beautiful living optical system of flowing of light fibers like almost way the way you see lightning. Okay, the lightning follows these physicists will tell you that oh, it's just going from the one potential point to another potential point and there's a difference so it can flow across and cause a flash. I don't see it that way. But they're saying it's a little bit like those. These are sort of light plasma flows and there's living intelligence that is beyond structure that doesn't cause plasma itself is it is still has a quality of structure in it even though it's a very a high vibrational structure. But with this kind of thing, it's something that is beyond structure itself.

Now in order for that to flow, they're saying that certain things have to be switched back on in order it it's a little bit like they're saying, okay, can you give me a really good clear example of this that you would something that people can reference from?

Okay, they're saying like to think about the tree root system if a tree comes if it's planted into an old building site where there's rubble and debris and foundational stuff in the way, it's going to encounter a lot of blocks and those roots aren't going to be able to just connect

through root out and start to create the flow of water and minerals and other things that it needs.
In a very similar way. It's sort of analogous with this that there are certain sort of light connectivities that need to be set up and in order for that to happen certain dense blockages, old things that have just really switched things off need to be moved out of the way.
And until that is done, that particular light connectivity and flow just simply cannot take place. And they're saying because they were placed there by free will, by our experiences, by our reactions to experiences and a whole host of other things, they have to be undone using our choices as well.
And so they're saying in truth, the light can just dissolve through them. But because we don't realize and remember that we have placed them there by our own free will, they can't be removed in such a way until we can say, I see it now, okay, no, I don't want that anymore. I want that to be gone. Then it can be dissolved and the light can flow through and dissolve it and then do it. It's what it needs to do.
And this comes back largely to when people say, why can't I really said I wanted to get this clear and I really going through this all the time. When that happens, it's because on a conscious level, you haven't fully become aware consciously of the whole aspect of the problem yet. And we have this unconscious, which is the burial ground of all the stuff we didn't want to face or own, which gets pushed down.
And that's where you encounter the difficulties, because we have used our conscious power to create this and push and compact all this stuff down. Now we have to undo it and just say, okay, go through the allowance process. I feel it now. Okay, my high self, help me feel and see what it is within me that I'm not owning, that I'm not acknowledging or that I cannot see consciously yet that I need to see, then you'll go through and you'll start to see and feel it stuff will come up. You might feel a bit rotten for a while as the dross comes up. That's all part of the process.
Suddenly, now you have a conscious full spectrum view of what it is that you have chosen to put in place. Now you can choose to let go

of it and undo it. Now the light can get in there and do its work, because you have undone your free will of choice to have it there and hide it away. It's a little bit like a treasure chest box. I'm going to put that stuff. I'm going to hide that barrier. Yes, it's gone. I don't deal with that anymore. It's still there. And it's still operating and it's still doing its stuff in your energy field. And so now you've got to go find it and dig it up and let that thing out to let it go.

So in a way, that's kind of like what it is. And so that in a way, very much akin to your question of what you asked and just a flavor of what a lot of people I get the feeling of going through now.

And my own experience, because I've gone through a lot of things where I've hit the wall and really got frustrated and it happens to us all. And what my team has always told me is this, okay, it's fine. Just relax, just calm down and know that what is coming up is such an agitation because you have put such immense pressure to keep it down and that is the strength of your energy reaction to what's coming up. If you can just breathe and relax and say nothing I'm nothing's going wrong. Everything's going right. This is coming up to be seen, but it's a lot of energy at the same time.

And my resistance to it is also coming up parallel to it as well. As it clears, when you finally have that clear, you actually feel the influx of new light that can now go into places that they couldn't go before because of your choices to have the blocks there in the beginning. Now they can go into places and now they can begin can begin an even deeper elevation and upliftment. And that's kind of the cycle of healing and puzzle piece solving that we do bit by bit, you get a bit and you feel elated. Oh, there's another bit coming up.

Oh, hey, the second plateau get into the Oh, yes, I release that now going up again. And it sort of it does this. It's sort of, and I'm sure everyone can empathize in one way or another with that that that process.

PAM: Yes, because I've heard you speak and other people have as well that this is a completely unique evolutionary jump for humanity and other species to. So, so again, why now? Why now in your view? And does it actually open up our multi-dimensionality as well?

DAVID: Yes, that's exactly what I was glad you came back to that because that's how it's got to jump in next. Yes, it's exactly that. So I feel, okay, my teams are just sort of saying that over to me. I don't think they want to add anything more. So my feel is that it's exactly what they were saying that we have reached a certain threshold point where enough collective and individual dross has been removed where this can now come into play, where this is a place where the intelligent Source love light or higher selves can come in and start making inroads into the aspect of the telomeres structures and so start to move them into that high intelligence oversight or overseeing this or flow, whatever you want to call it there's not very many words in the English vocabulary that what I don't think there's any that adequately describe the beauty and the what's just the amazing delight of what is actually taking place inside.

Because the trouble with science is, and I'd like to add this if you don't mind, is that having come through those circles of being a scientist, and I can tell you that everything is so structurally orientated, everything is a function of structure and structure is of some function.

But it's like, well, even if that were true, what created the entire fabric of that structure in the first place to function in the ways that you claim is purely structural only, it makes no sense. It's a cat chasing or a dog chasing its own tail, it's never going to get there.

And or the chicken and the egg story what if pick one, but ultimately it comes down to the fact that our DNA was sculpted, I know there were there have been some alterations by different races and so forth, but ultimately it was sculpted by Source intelligence for the purpose of creating these beautiful suits we call human bodies, to how these amazing physical experiences of structural experience of visceral experiences in, which are a delight when it all is on and working and it's a beautiful experience to be had.

But because of this densification, this lowering down, we've lost so much of our sensorial nature, our ability to feel high dimensional energetics, even some of the denser ones, some people say, and I've had experiences where I could feel so little, it's like, God, I feel numb back in the days where I began.

And what we're going through now is that that's all coming back online, the stuff is clearing out, these are the purges that people talk about a lot that there's over weighing them and they're really having hard times going through. Well, this is the old coming out, it's a very necessary, very good thing, because once that's out of the way, now the things, everything in terms of this living light intelligence can now get in there to a deeper and deeper and deeper level, start organizing things and bringing things back. It's very much like I said with that story about Yeshua, just holding a twig, dead twig, like, dried out, no moisture in it, all kind of thing.

And suddenly these leaves start appearing as if it was a fully alive living aspect of a tree. But what gives it life, the life in it is the living Source intelligence, that is life.

And it reminds me when Yeshua said, said, I am the life, I believe what he meant was is Source intelligence is the life. And this is an example of a human body really embodying Source intelligence and what you can be and he made mention that he said, all of you can do this and more, and you're going to do more.

And I believe what he mentioned there was that the human race is going to undergo such a profound evolutionary expansion, you are going to open up to Source intelligence to a level that has never been done before and that's another thing I believe that to add into this ascension mix that they said before that it's never been done, this full planetary ascension has never been done before.

But I believe one of the exciting things that the teams are really waiting for is to see what happens when humanity reaches such a level of synergy and merging with Source intelligence from the human body, what could you do then.

That that to me, I feel a lot of the energies that the beings feel they are so excited about that point coming forward because there's so many abilities that we don't even know of yet that are so miraculous in their nature that are going to come online.

But yes, to come back to your question, I believe that in a way is explaining why now is really because the timing the threshold has been met for that to be able to take place because of the collective

work or individual work and also the cosmic timing of things it's all coming together.
And I believe that's most likely why you're seeing that in the charts that you do because there is this alignment, there is this massive environmental energy taking place outside of this, the way exactly the way the Source intelligence is wishing it to unfold. It also involves Gaia, intelligence as well, our individual intelligence and the collective intelligence all working together in this beautiful divine symphony. And it's all working out so beautifully.
PAM: And it's very interesting, David, because we have a particular aspect which is already operational so conjunction between Saturn and Neptune, but it's going to become exact 20th of February next year, and they're both holding hands at zero of Aries, which is the very first group, the Zodiac. So that to me astrologically is pure potential, pure potential. And so I'm seeing next year, again, we're back to linear time, but I'm seeing next year has been quite a launch period for humanity, whether we're looking at late February, or there's another big shift in late April, and late, late, early summertime Northern Hemisphere, I get a sense of launch that the momentum is building in terms of the consciousness. And then there's a leap, there's some kind of a leap into pure potentiality. It is, do you share that at all.
DAVID: It's interesting, as you were saying, that I could feel the Source intelligence high self within me, showing me a wave that is coming. It's a very, very big wave. And this is a wave that has been triggered by from within. And I believe I have a feeling this is maybe information that maybe we'll be coming through and that the channeling I do at the end here, because I felt that was quite a strong sort of like warm up to that.
But I feel yes, so my higher self, would you like to add anything to that? Okay, so my high self saying much of that information will leave till the channeling, because it'll be a little bit clearer. But for now, is there anything that you would like to add on to this?
So my high self saying that you are not wrong, there are major, major things that are going to come into play. I feel there's almost sort of like a reluctance to give too much detail, because I feel that.

Okay, can you explain why there's you don't want to give too much information on that right now? It's to do with human nature. Is saying the trouble is that if you know too much about something ahead of time, you pin your you have a thing humanity has a tendency to pin themselves on a subject matter, rather than just allowing yourself to unfold through the process.
So they don't want to provide too much incentive for people to do that. Otherwise, we'll be standing. They're saying there are important things to pick up while going through the journey, and that's very important. And so they're saying we do appreciate that the mind wishes to know certain facts, because it likes to know ahead of time what's coming in the game kind of thing.
But they're saying that's another unfolding that humanity is going through, you are shifting from a mind centric civilization to a heart-centered one. And I know I've spoken of this before, because this is something very important to me as well, is the Arcturians came through one time.
And again, I've read just to repeat that their advanced state spiritually, their advanced state mentally, and the organic technologies they have are just profound. But most people would think, oh, they've got advanced tech, or they must be really mentally cool, you know.
But the truth is they were the ones that came through and said, you are going to understand there is a world of difference between living as a heart-centered being and a mind-centric being. And then when you live in your heart center, you're going to be open to vistas, and you will open vistas that you would never ever be able to do being a mind-centric being.
And yes, that in a bit, self-messaging conversation. But I believe that's the thing. There is such a beauty in the experience of something rather than the mind saying, okay, did it, did it, got the plan? Yes, that's what we're going. The walking through the forest is not the same as having a plan of what you're going to do and where you're going to go and what's going to be happening.
So I believe that's that they're smiling, they're saying that's kind of what they were suggesting. But it's, I feel like they're saying there is

going to be some information coming through from Source about the wave, but not enough to engage people in that particular way that they were speaking up before. It's all about, and they're saying what we, they would ask people to do when that information and energy just come through, *feel the energy*. It's the energy experience that's the important thing, not so much the information that's being said or the words that are being said. It's the energy that comes from that the Source wishes to emanate. So that's, that's to feel it on definitely. But yes, so I'm not sure if I entirely answered your question there, but in a roundabout way.

PAM: I think it's reassuring for people to know that we are in process.

And we're not talking about this 10 years, 20 or 30 years we are in process. And then people can relax into the feeling of it in a reassured way. And I think that's an important part of it too.

DAVID: Yes, it is. They just gave me a picture. They're saying, they're saying about 10 years ago, picture yourself standing on a beach looking at a beautiful ocean thinking, Oh, wouldn't it be great to be in there? That's what we thought we were heading towards. Now we are in the ocean, and it's up to above our knees. That's where we're at now. That's what they're saying.

So they're saying you are no longer preparing to go into something. It's already here. You are now filling yourselves up very bit by bit with the very beautiful and magical energy, which is Source intelligence. And that is where we are. And in fact, they're saying what they're urging people to do is let go of the mindset that we are heading to something. They're saying you are already in it now. It's already started and that's a great encouragement to people in saying, enjoy as you take deeper and deeper steps into this beautiful ocean of you, the truth of you, enjoy the sensations. Yes as you go down to the deeper and deeper, any mud that was stuck to you is going to clean off. It's going to come off. It's just a natural part of going down into the depths of yourself. It has to come out of the way to allow that to infuse into you.

And just try to remind yourself that it is actually a beautiful unfolding. The removal of the old and the entrance of the truth of you is a very,

very beautiful, profound and very deep thing to behold. And there are so many beings that delight in watching humanity go through this because of what's actually happening and what's unfolding. And they say they do understand how difficult it can seem sometimes, but if you can remind yourself of the necessity of this off-coming for a phrase of the old, which has to come out of the way so that the new can take its place and rebuild you into the new you. That's a very simple, very elegant way of seeing it, I feel.

Yes, we are in the ocean now and we're just every day, every week, we're just walking bit by bit deeper and deeper and deeper. And yes, that's the first time I've ever heard them say that like that. And that's a very beautiful thing.

PAM: Yes. And it sounds like very much a one-way process as well. However, much when we hit a wall, we might say, Oh, no, I'm going backwards. Actually, you're not. This is a one way process and talking of the ocean, David, what role does water have to play in this because my understanding is that water is condensed light and that water is actually running ahead of us in this whole thing.

DAVID: Yes, I would say that in truth, every atom, every structure is, in fact, compressed light. And I mean, if you think of the subatomic particles in atom, they're under such an immense magnetic compression. That compression is so immense that if you were to suddenly release the magnetic interlops there, that the Sun rapid expansion would be, it would be pretty big. That's what you're just off of just one atom itself. That's what my teams and have mentioned before. But all structure essentially, I use this analogy a lot. If you think of an ocean where there is nothing in there at all, it's pure water, and then suddenly the Source intelligence that created the body of that water suddenly decides let's crystallize the water. Let's make structural components in the water and the fluid itself. And now let's bring them together and make these beautiful extended molecules and they can then turn into DNA and then selves and so on and so forth.

So everything that we have of us is a fractalized extension or a sequence compression, if you like, of Source intelligence into form. But us as a more refined, more sort of, high vibrational form of

Source can go into that suit and being it, feel it, interact with it use it in these beautiful ways.
And most of our makeup is the liquid of water. And the thing about water is because of its fluidity and other things, it makes it that much more accessible. And one of the things that my teams always say is that we know, when you're going through purging, just jump in the shower well, it's far easier for them to help you clear when you're in the shower, in a bath because of the, the energy conductivity of water itself.
And so in a way, water is, is a good example of a medium because the body of water of the ocean has a consciousness of itself, just like our structure as a physical body has a consciousness or being such as ourselves inside it, so does the body of water.
And so in that way, yes, there are all these beautiful extensions of Source, but the nature of water is because of its fluidity, its ability to just fluently change and morph and do things.
It makes for such a beautiful conductor of those energies around you. And so yes, going into the ocean, going into a shower that's one of the great ways that I find for myself, particularly, that the teams have that much more ability to work with you and, and to help you clear and move things forward. But yes, so that's the way I see it is that, in fact, there isn't anything that has not come from Source.
And some people might say, well, where on Earth did darkness come from? And all of that nonsense, you know? Well, the question, the answer to that is, I remember one being saying once well, when you see something with your third eye vision, the more light Source intelligence it is, it appears light and luminescent. The more absent from that structure that Source intelligence appears to be, you see it as absence or darkness. And so essentially, there's no such thing as darkness.
Darkness is just the, an apparition, or this appearance within our ability to see in a geolocality that appears, oh, look, there's a real diminished presence of Source love. Like truth is, it never went anywhere. All of the structure in there is always from Source intelligence. But now again, remember the free will component.

So as we choose to, to either ask Source to move away and diminish ourselves, or enrich ourselves with Source energy, this all comes back to exactly full circle to the question you asked before. Why do we fall to pieces? Why do things go into chaos? Why do things just break down and go bad? Well, it's because of the diminished level of Source intelligence. And that's the way I see it. And that's the way my teams have definitely spoken about that.
And that's the simplicity of what we're going through.
All we're doing is we're undoing our choices to be in this experiment of what would it be like to have a little, or so little Source intelligence within us to be basically bumbling biological suits, just walking around doing weird stuff, you know.
And the truth is when there isn't a sufficient level, and many people have experiences of this, we spoke about this before, when you get near somebody who's very head-centric, very little heart connection, they get, they can be very controlling, very domineering, and they can be push-pulling, and even in extreme cases, very violent.
And you see that playing out in the world today, and it all comes back down to the simple root cause of how much Source intelligence do you have inside you? Because when you have a sufficient level of Source intelligence within you, comes with that compassion, intuition, the ability to balance the ability to work with others in flow, a whole slew of things come in innately, because that is the nature of Source intelligence. You have no need for war.
Well, that's simply an artifact of people, a group of people with a sufficiently disconnection, a disconnected aspect of themselves, where suddenly they go so much into survival because they've lost the well Source inside them, that the wellspring of everything you have ever needed or will ever need, and everything going forward, if you shut that well Source off, suddenly, now where do you get your energy from what you need, they start taking it from others, that cause that causes conflict, it causes war. To me, it's the root cause of all the problems and it's all solved when we collectively choose to allow the Source energy back in and say, remember who you really are, this is who you really are, you're not all of this rubbish you've

been playing out after centuries, after centuries and it really is that simple that it doesn't get more complicated than that.

PAM: Fabulous. And one final question, David, before we go into the channeling, which will be wonderful, it's something I've heard you talk about, and I have talked about just adding for now, about the need to live from the inside out and not the outside in, because we've been so discouraged to give away our power to leaders, whoever, the television whatever.

So we need to really live from the inside out, and that's part of our sovereignty. But there was another step in that, in my understanding, it just happened before we came online, and it isn't just that you live from the inside out. I was actually listening to a wonderful man who was John Perkins, I don't know if you heard it, he was a very successful economist and wrote lots of books. Anyway, he was with the indigenous people in the Andes, I believe, and he was very ill, and he thought he was going to die, he was so ill.

And the indigenous people were encouraging him to eat the kind of diet that they eat, which includes all kinds of bugs and worms and he thought, no way I could I'm ill already that's not going to help me. Then we looked at the vigor and the vitality of these indigenous people who into very late age can still hop up mountains, no problem at all. And he thought, if they're looking like that on that kind of diet, I'd better give by the gift.

So he shifted his perception from disgust to seeing it completely different as a way back to his health, and it saved his life. And really, this is what the ascended masters were doing, isn't it? It's a shift of perception, and you change the nature of how matter affects you.

DAVID: That's a very important point, because much of what we're going through is fundamentally a shift in our perception, because you are spot on that we have been convinced right almost from the word go is as soon as we could just sort of almost toddle around and walk around we'd be watching programs that would convince us everything is outside, you focus outside, just everything is outside. But the truth of the matter is that it is all a deception. It is all to try and trick you to take your focus away from your inner well, and put it outside, because while it's outside, now you can be controlled, but

when your focus is back inside you again, and then suddenly you shift your perception of who you are, because a lot of the times we carry around very limiting perceptions of ourselves and the things that go on outside as well that actually block the well Source and the flow of that infinite Source through us as well in many different ways. And judgment itself by its very nature is a wish to stop Source energy by saying no.

So it's a very interesting one to look at, because I remember one being once saying when somebody asks the question, where does evil come from? And so it all stems from your choice to use judgment, because when you use judgment, you block neutrality and you block Source energy from flowing through. When Source energy can't go into something, it can't harmonize it, synergizing it, to bring it back into peaceful, intelligent flow.

And so it gets destructive and it falls to pieces and does this with things just like what we talked about before.

So yes, the ability to come back within and this is a big one that's saying humanity to change the most fundamental perception that they have is that they've been convinced to look for everything outside of themselves, the life of what you live, all functionality, all need, all necessity, it's all outside.

Nothing could be further from the truth. Everything outside you is a direct reflection of the emanation you give off and the universe is reflecting back to you what it is that you're broadcasting.

It’s saying, oh, this is what you've asked for. Here it is. That's what you're emanating. That's what I understand that you want. You may not know all of the pieces that you're emanating and know that you want or dislike them, but that is what I'm reading, you know.

And so the ability to change that perception from everything is outside to know everything has always been inside. And I know that it sort of has turned into a bit of a cliché a lot in spiritual circles. “Oh, it's all inside. The truth is, it is all inside.” That is not a cliché. It's not a sort of fluffy, kind of make you feel a good thing.

It very is based in living energy consciousness that everything sources from within you. And as this energy comes through and goes through your filters, the signature and quality of the energy

changes to adapt its broadcast to exactly the filters and dross you have. And so therefore that what universes are. Okay, that's the flavor you're asking for.
So I'm going to give you this. And so people ask themselves, why do I keep getting this dude or this person or whoever keep bothering me with this problem? It's because you still have that. You're requesting it. You just don't understand how you're requesting it yet. Just a mirror by going in.
Yes, it is a mirror. It's exactly that. And by going inside, what you do is you suddenly start to realize the sensation, the frequency of all those layers, you oh my goodness, I do have that. I have been requesting that. But now I'm aware of it. I can undo it. You can't undo something you are not aware of because it's hidden to you.
You have to make it known to yourself first, then you have the conscious ability to change it. Like perspective, you have to be aware of a faulty perspective in order to change it. I think that's a key thing that perspective or the way you choose to see things is a very, very important thing.
But most importantly, how you choose to see yourself, you are the wellspring of everything in your life. You are the wellspring of everything that exists.
And people say, well, that sounds like bonkers. What do you mean by that? Well, that is your direct access to Source intelligence. That same Source intelligence created this solar system, this galaxy, this universe, all other universes, everything in existence.
You are a part of that. What aspect of existence do you think you're not privy to? Or don't have the ability to do that with? It's the same energy. That's you. This isn't some airy, fairy, fluffy, feel good factor of, oh, yes, I'm great at this. It's not like that.
In a very fun-loving kind way, you literally are an emanation of Source energy. Anything that Source can do, you can do, but if you get all those perspectives, all those limitations out of the way so you can actualize that, if that makes sense.
So yes, that's really what we're doing. We're just getting all that stuff out of the way we've put in place. It's like we've messed up the house. I don't mean like in a negative way, but we've had this, we've

opted to have this messy house. You go in there and, “oh, yes, it's really bad in here.”
There's this stuff everywhere and life isn't so good. That’s what we're doing is we're clearing all that stuff out. So I can have a great home now. It's beaming with support for me and the lifefulness that I am. Now I can have a good life. It's that kind of thing.
PAM: Yes, beautiful, really fabulous. Dave, that was such helpful information, absolutely amazing as always. If you're happy to, would you like to share a message from your team for us all?
DAVID: Yes, in the beginning, yes, team intelligence wanted to bring through a message. So okay:
Hello, dear, beautiful souls. It is with great delight that this opportunity comes to give you these energies. And as this one [David] has said, it is the energies that are important. Energy is a right word. Words are vibrational sounds that themselves carry energy. It is seen that many of you are going through some of the deepest puzzle pieces that you have selected yourselves to come here and work through in the way that this one has already spoken on. Dear souls, everything in your human way is okay. You are performing these tasks of solving these energetics with profundity. And this is not said lightly. From higher perspectives, there are many beings and as the collective whole of Source intelligence, what you are doing and have done is beyond all measure of where you were expected to be. Even simply from a view of a handful of years ago. 60m
And you are reminded again, you are Source love presence. You may deny that, but that is your truth. And that is the beauty of your choice ability. You can choose to deny that truth and indeed live a very uncomfortable life in doing so as you have seen or you may choose to embrace your truth.
And to live a life that is unending in the beauty, the sweetness, the compassion, and the unending exploration and adventure of who you really are. And that is what you are choosing. There are many races of beings that have attained very high levels. Their joy is ecstatic to watch you unfold in this process. They understand and

they know the density through which you are working and they delight at each step you take towards greater inner unfoldment.
And what is it to unfold within you? And in truth, there is nothing to unfold. You are simply clearing the filters that have fooled you that you are not Source love intelligence, that you are somehow separated.
Dear sweet souls, this is nothing but an illusion. And it is an illusion that you both opted to undergo and you have added to over many years a very difficult and trying lifetimes. And this is very understandable. And add into this mix, human emotion. Human emotion is very strong, is it not? It was designed to be that way. And this is part of the delightful package that is unfolding ahead of you for with your powerful emotional abilities.
The delight of living in human form as this process unfolds will become a pivotal sweetness of existence. This is one of the many reasons why many races are absolutely in excitement of what humanity is going to move into and become. The human form ability to work with energies is profound.
You have entered timelines that have opened up new possibilities that were not considered possible before. And this has been spoken of before. And it will be said again. There is a new wave of energy, as has been said before. The tip of which will reach you at the very beginning of this December. As this wave unfolds, and there will be waves within waves within waves and on top of waves we will say. But we will not spoil the surprise by unraveling the beautiful wave packets that are coming your way. Because it is very much hoped for you as a human being to take the opportunity to move into greater surrender to yourself, to experience yourself to experience what it is to be, love in human form for this is what it is all about.
You are Source Love Intelligence, a tip of which is filling the human form that you have. And in doing so is transforming that human form and all of the components, the structural components that make up that human form. And so you are living through a multitude of overlayering evolutions, both within your consciousness and your human form, and your experience of the environment that reflects that outside of you. And now one last message on the wave. This

wave has been created and is part of new timelines that you are entering and have located yourself on.
And it would be said that even ten years of your lifetime ago, this wave was not a possibility. Congratulate yourself sweet ones for the work that you have done, the work that you have done together in groups and individually, has made such a profound emanation from within you and from within the Earth, that these new delightful timelines now exist.
And it is asked of you to feel the profundity of what you have done. And you did this with limited access to your Source Intelligence within. Do you feel sweet ones, the delight and the profundity of what you have done? To coin a human phrase, it is simply extraordinary. It is beautiful to behold, and it is a delight beyond all words can explain to watch and feel the human form evolve as rapidly and in the levels and ways that it is doing so.
And so sweet ones, in leaving this message, you are reminded once again. You are the sweetness, you are the compassion, you are the gentleness, you are the everything that love is.
And please take a moment to feel that within you. Feel the almost childlike simplicity of the sweetness of who you are in your core. That is your true nature. Do you feel it sweet ones? And should you feel any doubt, any lack in self-value? Simply let it go. None of which has any truth or founding to it at all. It is simply another filter that you have placed in misunderstanding many experiences over many lifetimes.
The unending quality of your profoundness is there, it has been there, and it shall ever be there, and can never leave. Where else would you go? Source love is the everything. It is who you are, and it is who you are remembering yourself to be. Be it peace, sweet ones. This process and your inner process is unfolding magnificently.
And again beyond all words, any words that can describe this, because they do not exist. This is an experience. It is a beautiful and profound experience. Allow yourselves to feel the beauty of who you are. There is no measure to give you, to explain the beauty of who you are, but you will come to realize this. You will come to feel this even if you do not know.

You are love, sweet ones. You always have been, and you ever shall be, love, and so it is.

PAM: Thank you David. That was incredibly powerful. And how thrilling for humanity to realize that we are that far ahead of expectation, that we have created a whole new timeline. It is a new wave at the beginning of December. That is a whisper of time. It is so thrilling, so exciting, so reassuring, so beautiful to know how we will plan, even though in our humble efforts day-to-day, maybe on your own home, sitting on your own sofa, you do not fully understand the scale of what we have done collectively. And it is so thrilling to get that validation.

DAVID: Yes, it is. And when that was coming through, that feeling of that wave coming through and this new timeline, I really felt just the profundity of what has been occurring and what is coming. And I really felt that I could see these parallel timelines that we were on that are just fading away now. And they were going to be okay. They were going to be pretty good, but I don't think anywhere is as beautiful and as magical as what we are now on.

And I would say to everybody, when you think about what is going on in the world, just please do not fixate on any of that stuff. Like we have stuff leaving, so does the Earth and so does the environment. So does the air. The air is cleansing. The water is cleansing. The soil is cleansing. Everything is cleansing. And so all those old packets of really yucky energy will cling to those people who are in that state and low enough to be receptive to it, who are creating all this awful dross that is leaving.

It is passing away and you will see everything will come good in the end. It will be all okay. So yes, just feel that and don't just take my word for it. I always say to people, feel the truth of that. Go inside and feel the truth of what is being said within you. That is where you're going to feel it truly, not just listening to some dude talk and then spring words. It's feeling inside you, which is the real truth.

PAM: You've given us some truly beautiful gifts in this session, David. Some really beautiful gifts in that channeling at the end was truly exquisite. I know everybody will have loved it and felt it in their

hearts and be so grateful to you as the best of which this information is coming. So we're so grateful.

DAVID: Yes, thank you, Pam. I mean, it's such a joy to be able to initially, I was very hesitant about coming forward and doing this stuff, but I can see now the true nature of just how this information is helping people.

And that's really the central point of it all. It's so whatever whoever's listening to this, whatever great ahas or changes or positive movements forward, you get from any of this. It could be something very small or very big. That's, the beauty of it. So I hope that you get many of them to help you forward in whatever path that you're living.

PAM: Well, bless you, David. It's just wonderful to share with you. And I'm so grateful you're my friend. I'm so grateful you're so happy to share it with everyone out there and I'm just sending just a huge cyber hug and a load of love.

DAVID: Yes, and love to you as well, Pam. I'm likewise. I'm so grateful that you're a good friend and a dear friend and I'm just so happy that you kept reaching out because I lost so many of your emails with all the questions that were coming through. I'm so glad that you persisted because it's just you're such a beautiful person and a beautiful soul and I mean that truly.

I'm not just trying to, but you're ready or whatever you want to call it. You really are. You've done tremendous work for people and you have a massive following for a reason because people get such upliftment from you and that in itself is a very beautiful thing as well. So thank you.

PAM: Bless you. Well, I know everyone's going to love this and probably watch it many times over and just feel joy, feel the upliftment and stop the fretting relax into the breath. Yes, exactly. Because we are, we are rocking it currently, apparently.

DAVID: We are. Yes. And just one last message, if you wouldn't mind is just to remind people that, like the Arcturians said, like the Arcturians come through my high self says, always mentions, is just remember to bring yourself back to your core, back to your heart center and just a simple intention to do that.

And even just using your breath, your breath actually centers you in your core. It's no coincidence that everything is set up the way it is every time you take an in breath. It centers you every time. That's why deep rhythmic breathing is such a beautiful thing.
So, if you find yourself flustered or anything, just breathe deeply and remind yourself who you are, so slow. Come back into center, come back into center. Don't go off up in here and go away with it just exactly just remember your peace, remember your balance and it will come back the more you practice that will come back so quick. You'll be able, you might be in amongst a whole bunch of people arguing, center, center, center and then everything is peace. And you just see how quickly everything changes in seconds.
PAM: And your biomarkers changing in moments as well. I mean, they've done a lot of this with your blood and your cortisol levels and your immune function and it's all down to the breath and I've talked a lot about that in my videos and, and I practice strong breathwork every single day as well. I'm doing it. I'm walking my talk. Yes, definitely. Thank you. So, yes, I just hope everybody loves it as much as we have, I think so.
DAVID: Yes, always a delight to talk with you, Pam, and thank you to audience for listening and I wish you all a fantastic day and love to you all.
PAM: Yes, love. Bye everyone.